



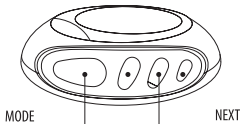
USER MANUAL

PE108N

Table of contents

1. Ready in just 3 steps !	3
2. Introduction	4
3. How to wear the pedometer correctly	6
4. Select a function (MODE)	9
4.1 The function TIME (Time Mode)	10
4.2 The function STEP COUNTER (Walk / Run Mode)	11
4.3. The function MEMORY (Memory Mode)	14
4.4. The function PERSONAL DATA (User Data Mode)	15
4.5. The function PACE MAKER (Pace Mode)	18
4.6. The function ALARM CLOCK (Alarm Mode)	19
4.7. The function STOPWATCH (Stopwatch Mode)	20
5. Battery replacement	21
6. Pedometer care	22
7. Support	23

1. Ready in just 3 steps !



- 1) Attach the PE108N with the clip to your belt or trouser waistband, hip high at the front of your body.
- 2) Press the "MODE" button until "WALK" appears on the display.
- 3) Press and hold the "NEXT" button until the display is at zero.
-> and off you go

The middle row on the display indicates how many steps have been taken and the bottom row shows the time required.

For further information about the device please read the operating manual completely.

2. Introduction

The digital pedometer PE108N is a highly accurate step counter for your personal step monitoring when walking or running. It offers additional features that are free for you to use, but are not mandatory.

The main idea behind a pedometer is to make you aware of how many steps you make a day and to motivate you into additional healthy movement behaviour.

Common speech in Asia says: "He who walks 1000 steps a day will live to be 100 years old". It is not quite that easy but you should try to add an **additional 3000 steps** every day to your daily routine, for example with a deliberate and vigorous evening walk. You will find that the daily repetition will greatly increase your health and actually be fun.

The pedometer could be a device to monitor your training. Another option is to include your pulse. For this Irox offers you a selection of watches with pulse monitoring (www.irox.com), e.g. the Irox Phan X2.

The main features of the PE108N are listed here and their functions will be explained in detail on the following pages:

- Time and date
- Step counter for walking and running (with distance, kcal consumption and walking speed)
- Save mode for step counting record keeping for a period of 7 days
- Enter your personal data (age, weight, step length, targeted number of steps per day)
- Acoustic pace setter
- Alarm function
- Stopwatch

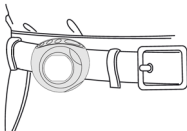
The PE108N has 4 buttons:

- MODE** – Mode of operation selection
- ADJUST** – Necessary for adjustments
- NEXT** – Diverse functions (see details under functions)
- EL** – Activates the display illumination for approx. 3 seconds

3. How to wear the pedometer correctly

The PE108N is equipped with a digital movement detector that measures every movement, which means also your steps, disregarding the position of the device. Because every person moves a bit differently we recommend wearing the PE108N as follows:

- with the buttons in an upward position
- secured tightly by the clip on your belt or trouser waistband
- position on a belt: In the extension of the trouser crease, approximately in the middle between the hip bone and the middle of the body.



Other carrying modes e.g. in a handbag, coat pocket or other places on the body are possible under certain circumstances. You must make sure that and how exact the counting is and then chose the correct mode for you.

Certain situations and walking styles can influence the preciseness of the pedometer. These are, for example:

- The pedometer swings along too loosely with your movements thereby measuring "extra steps"
- Dragging your feet will cause problems, as well as wearing sandals or shoes with soft soles. An all too casual ambling along also makes a correct count difficult.
- You are on or in a vehicle that causes vibrations (bicycle, automobile, train, bus, etc.).
- You sit down or stand up or move in a fixed position.
- Every movement can be interpreted as a step. This means that pulling off the

pedometer also counts steps. Therefore always put it on first and then adjust the setting to 0.

- Your movements will be counted. They are perhaps not always consistent that is why there may be some deviations to the number of steps you have perhaps counted by yourself at one time. Don't allow this to confuse you. A certain counting tolerance (+/- 10%) is normal and will often balance itself out over the day.

What is important though: Even with the error, your own walking performance can still be monitored and documented. Whether it's 5000 or 5300 steps is not as important as that you consciously, sufficiently and in a healthy manner moved your body!

4. Select a function (MODE)

Repeatedly press the large "MODE" button until you have reached the desired function. You may choose between following 7 functions:

- **Time mode**
- **Walk / Run mode**
- **Memory mode**
- **User Data mode**
- **Pacer mode**
- **Alarm mode**
- **Stopwatch mode**

After the stopwatch (STW) the first function is displayed again (time).

As soon as you have reached the desired function you can make your adjustments with the "ADJUST" button. Please read the corresponding instructions on how to proceed.

The device automatically returns to the time mode if the selected mode is not operated within a 5 minute time frame.

4.1 The function TIME (Time Mode)

The PE108N also serves as a watch by displaying the time and date. In the lower line you can display the following information by repeatedly pressing the **NEXT** button:

**Number of steps >> Calories >> Distance
>> Speed >> Percentage of set target >>
Movement timer.**

The step information indicated here can not be reset manually.

Please note that:

- The correct setting of time is important in order to properly use the memory function. At midnight your step information from that day will automatically be stored and recording will begin again at zero for the new day.
- Some information (distance, kcal, set target) requires the input of your personal data. Please read the chapter below, "User Data mode".

- Settings

To set the time, the date and the 12/24 hr. display format, please press and hold the **ADJUST** button for approximately 2 seconds or until the words "HOLD ADJ" appear. As soon as the hour display blinks you can forward adjust this with the **NEXT** button (to fast forward: Keep **NEXT** button pressed). With the **MODE** button you can move from setting to setting and the procedure always remains the same as described above. After the last setting, the selection of time indication either the 12 or 24 display format, setting is complete and you will be returned to the time display.

4.2. The function STEP COUNTER (Walk / Run Mode)

In this mode you can enlarge your step data on the display.

Basically you set your mode of movement here too:

- **Walking ---> WALK**
- **Jogging ---> RUN**

The switch-over is conducted by repeatedly pressing the NEXT button until WALK or RUN appears in the upper part of the display. The switch-over from WALK to RUN and vice versa takes place in this display by pressing and holding the NEXT button (approx. 3 seconds) until the corresponding text appears.

Independent of the indication WALK or RUN you can acquire following information on the display by repeatedly pressing the NEXT button:

Steps + Movement timer >> Distance + Steps >> Calories + Steps >> Speed + Steps

To delete accumulated daily data, press and hold the **ADJUST** button in this function for approx. 2 seconds or as long as the words "HOLD CLEAR" are displayed. Hereby all current day records will be deleted, but not the records that have already been stored in the memory from the previous day.

Please note that:

- Some information (distance, kcal, speed) requires the input of your personal data. Please read the chapter below, "User Data mode"

Movement timer

This timer shows you how long you have been in motion. That means as soon as the pedometer indicates a movement, the timer starts running. This allows you to see how long it took you to make how many steps. The resetting of this time is conducted together with the pedometer.

First steps

The pedometer does not start counting until the fifth step. This means if you take two steps and then sit again for a while it won't count anything. But if you stand up and walk for more than five steps it will begin counting which means it begins at 6. So basically no steps are lost.

4.3. The function MEMORY (Memory Mode)

At midnight the PE108N always automatically stores, under that date (day and month), the following accumulated daily information for the last 7 days:

- large display: Number of steps
- small display (alternating): Percentage of days target, kcal, distance

If the memory is empty "NO INFO" is displayed. As soon as data is available it will be stored under the corresponding date. If there is daily data from more than one day, you can use the **NEXT** button to "scroll" through the stored days.

Days without movement are also recorded. The content is then just "zero".

You can delete recorded information by pressing and holding the **ADJUST** button for approx. 2 seconds or as long as the words "HOLD CLEAR" are displayed. Please note: You can only delete all days together, not select single days.

4.4. The function PERSONAL DATA (User Data Mode)

In order to use additional features of the PE108N you must enter your personal data. Following information is then calculated from this data:

- Calorie consumption
- Distance
- Speed
- Percentage of steps made compared to your day's targeted number of steps

By repeatedly pressing the **NEXT** button you can "scroll" through the current data. The sequence on the display is as follows:

AGE >> Weight (in KG or LB) >> Stride "WALK"
>> Stride "RUN" >> Day's targeted number of steps (GOAL)

Settings:

- Press **NEXT**, until you have reached "AGE" on the display
- Now press and hold the **ADJUST** button for approx. 2 seconds or as long as the words "HOLD ADJ" are displayed. As soon as the

next element to be set blinks (in this case the age display) you can adjust this setting forwards with the NEXT button (Fast forward: Press and hold the NEXT button). Age setting from 5 to 99 years old.

- With the MODE button you can move from setting to setting and the procedure stays the same as described above.

Following settings are adjustable after setting the age:

kg <--> LB

Weight (20kg-150kg resp. 44LB – 331LB)

cm <--> INCH

Stride "WALK" (30- 180cm resp. 12 -71 inch)

Stride "RUN" (30- 180cm resp. 12 -71 inch)

Day's targeted number of steps
(100-999900)

After the last setting in the procedure, the targeted number of steps, the setting has to be completed by once again pressing the **MODE** button and you will be returned to the age display.

Changing the display unit

The weight unit and stride can, as soon as the corresponding value appears on the display when scrolling, be changed by pressing the ADJUST button.

Measuring stride

To measure your stride, proceed as follows:

- WALK

First you take ten steps like you normally walk measure the distance you walked and divide this by ten.

Example:

You measure 6.2 metres. $6.2\text{m} / 10$ (number of steps) = 0.62m (Enter stride WALK: 62 cm).

- RUN

For this we recommend at least running 50 steps and then use the distance you ran in the calculation.

4.5. The function PACE MAKER (Pace Mode)

With this function you can set yourself a specific step rhythm via an acoustic signal. With the **NEXT** button you can easily activate (ON) and deactivate (OFF) the pacer. When it is activated a "Beep" will sound in the frequency indicated.

Settings:

Press and hold the ADJUST button for 2 seconds or as long as the words "HOLD ADJ" are displayed. As soon as the pacer value blinks you can adjust this setting forwards with the **NEXT** button (Fast forward: press and hold NEXT button).

Setting range: 30 / 50 / 60 / 70 / 80 / 90 / 100 / 110 / 120 / 130 / 140 / 160 / 180 bpm (beats per minute).

With the ADJUST button you can confirm the setting and return to the **PACE** display.

4.6. The function ALARM CLOCK (Alarm Mode)

With this function you can be awakened at a specific time or otherwise reminded of an appointment.

With the **NEXT** button you can easily activate (ON) and deactivate (OFF) the alarm.

When it is activated an alarm ring will sound for approx. one minute at the wake-up time indicated. The alarm ring can be manually disengaged by pressing one of the following buttons: MODE, ADJUST, NEXT.

As long as the alarm is ON it will repeat itself daily at the set time.

Settings:

Press and hold the **ADJUST** button for approx. 2 seconds or as long as the words "HOLD ADJ" are displayed.

As soon as the hour display blinks you can adjust this setting forwards with the NEXT button (Fast forward: press and hold NEXT button). With the MODE button you can move to the minute setting.

Complete the setting with the MODE button.

With this setting the alarm has automatically been set to ON.

4.7. The function

STOPWATCH (Stopwatch Mode)

The stopwatch measures your time for a maximum of 23 hours and 59 minutes. The resolution is 1/100 seconds.

The button functions are:

ADJUST: Start/Stop

NEXT : Reset to zero (only functions when the stopwatch is stopped)

MODE : Move on to another function (the stopwatch can continue running in the background)

5. Battery replacement

- The lid of the battery compartment is found under the clip on the back side of the instrument. Lift the clip and unscrew the screw that is attached to the battery compartment.
- Replace the old batteries with new Typ CR2032 batteries (3V). Please note the polarity (the positive pole against the top so that it is visible to you when replacing)!
- Close the battery compartment again and attach the screw.

6. Pedometer care

- Do not expose the device to extreme temperatures or direct sunlight over longer periods.
- Avoid blows and shocks of any kind to the device.
- For cleaning use a dry soft cloth that you have moistened with water and a mild cleaning agent. Never use volatile substances such as benzene, thinner, cleansing agents in spray cans etc..
- When your pedometer is not being used store it in a dry area and out of the reach of small children.
- If the device is activated under extreme coldness it may occur that the display becomes illegible. As soon as the pedometer is returned to a warm environment the device will function normally.
- Please keep the user's manual and other documents delivered with the device stored carefully so that you can reference them at a later point if necessary.

7. Support

This device is a new development of Irox Development Technology. All information was made and checked by means of a functioning instrument. It may occur that adjustments and improvements of the device will take place that due to typographical procedures were not able to be listed in this manual. Should you notice deviations which make it difficult for you to operate and use the instrument you may at any time download the latest manual onto your PC free of charge at **www.irox.com**.

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Garantieschein

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Warranty

Gerät / Modèle / Nome del prodotto / product

Händler (Adresse) / Nom du revendeur (Adresse)

Nome del negoziante (indirizzo) / Dealer's name
(adress):

Kaufdatum / Date d'achat / Data d'acquisito /
Date of purchase:

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